



DIOCESE OF ROCKVILLE CENTRE
OFFICE OF THE BISHOP

Lent 2026

Dear Brothers and Sisters in Christ:

In this Lenten season 2026, we offer our prayer, fasting, and almsgiving for the Light of Christ's peace and justice to heal the many troubled parts of our nation and world.

Amid so many global and national crises, it is essential that we be guided and inspired by the Word of God. This Lent, let us rededicate ourselves to being deeply biblical Catholics on fire with the Word of God.¹

In Saint Paul's Second Letter to Timothy (2:8-10), the Apostle writes: "The Word of God is not bound," or as another translation renders it, "The Word of God cannot be chained."

The Church of Santa Maria in Via Lata in Rome, near to both the Trevi Fountain and the Pantheon, is traditionally taken as the site of Saint Paul's imprisonment in the Eternal City. Beneath this holy church stands an ancient, freestanding granite column that I visited and prayed at on May 17, 2024.

Etched into that ancient column is the Latin phrase for "The Word of God is not bound." The column also has rust marks indicating that a chain – possibly the one discovered archaeologically in an adjacent well – was wrapped around it.

How powerful it was to place my hands on that granite column and to touch with my fingers the words of Saint Paul! In my ecclesial mission as the Successor of the Apostles on Long Island, that memorable day I asked Saint Paul for his intercession that each one of us in the Diocese of Rockville Centre could be as bold and as audacious in proclaiming that the Word of God cannot be chained!

The Word of God cannot be chained in our own lives and in the lives of our families!

The Word of God bursts through our sin, paralyses, and resistances to change, and ignites our own Road to Damascus conversions!

The Word of God breaks down the self-imposed prison doors of addiction, ego, pride, selfishness, and narcissism, and refocuses our lives on Christ and his call to rejoice!

The Word of God cannot be chained by sin, war, terrorism, racism, injustice, poverty,² or disrespect for the sanctity and dignity of human life!

¹ See Bishop Barres' Pastoral Letter *God's Word is Living and Effective* available at www.drvc.org.

² See Pope Leo XIV's 2025 Apostolic Exhortation *Dilexit Te (On Love of the Poor)* available at www.vatican.va.

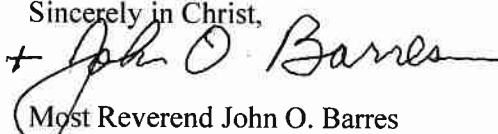
The Word of God cannot be chained by unethical deployments of Artificial Intelligence!³

The Word of God cannot be chained in the global mission of the Catholic Church, regardless of the 21st century persecutions and martyrdoms she experiences!⁴

As the Successor of the Apostles on Long Island, and in communion and mission with our Holy Father Pope Leo XIV, I thank each of you for the way you “cast fire on the earth” (Luke 12:49) through your daily reading, meditating, praying, contemplating, and living the inspired Sacred Scriptures.

Be assured of my prayers for a blessed Lent.

Sincerely in Christ,


+ John O. Barres

Most Reverend John O. Barres
Bishop of Rockville Centre

³ See *Antiqua et Nova*, the Dicastery for the Doctrine of the Faith and the Dicastery for Culture and Education's January 14, 2025, *Note on the Relationship Between Artificial Intelligence and Human Intelligence* available at www.vatican.va.

⁴ See Robert Royal, *The Martyrs of the New Millenium: The Global Persecution of Christians in the Twenty-First Century*, (New York: Sophia Institute Press, 2025).